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Application Serial No. 10/546,867  
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**IN THE CLAIMS:**

This listing of claims replaces any and all prior claim lists.

**Listing of Claims:**

**1-28.** (Cancelled)

**29.** (New) A method of enhancing blood antioxidant activity in a subject comprising ingesting by said subject at least one composition in at least one form selected from the group consisting of a juice, powder, granule, tablet, or capsule, said composition comprising an effective amount of broccoli, cabbage, spinach, parsley, komatsuna (*Brassica rapa* L.), Japanese radish leaves, lettuce, and celery.

**30.** (New) The method according to claim **29**, wherein the composition comprises, as percentages of the total weight of vegetables, about 5-30 wt% of broccoli, about 15-35 wt% of cabbage, about 0.1-20 wt% of spinach, about 0.01-10 wt% of parsley, about 0.01-10 wt% of Japanese radish leaves, about 10-25 wt% of lettuce, and about 1-25 wt% of celery, calculated as the raw vegetables.

**31.** (New) An air activating device according to claim **29**, wherein the composition contains green-yellow, vegetable-derived substances and light-colored, vegetable-derived substances, the weight ratio of the green-yellow, vegetable derived substances and the light-colored, vegetable-derived substance being 1:1-1:3, and the green-yellow, vegetable-derived substances consisting of broccoli, spinach, Japanese radish leaves and parsley, and the light-colored, vegetable-derived substance consisting of lettuce, cabbage, and celery.

**32.** (New) The method according to claim **29**, wherein said composition further comprises astaxanthin.

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32. (New) A method of suppressing or lowering thiobarbituric acid reaction substances in a subject comprising ingesting, by said subject, at least one composition in at least one form selected from the group consisting of a juice, powder, granule, tablet, or capsule, said composition comprising an effective amount of broccoli, cabbage, spinach, parsley, komatsuna (*Brassica rapa* L.), Japanese radish leaves, lettuce, and celery.